



## Join us for a series of Healthcare Workshops for Individuals with Developmental Disabilities

You do not need to be a member of Anthem Blue Cross to participate. All are welcome!



Register for the workshops that interest you.  
Bring your questions and share your experiences. Let's learn together!

Date	Workshop Topic	Pre-register at this Zoom link
Each session is from 1:00 pm to 2:00 pm	Hear from Anthem health educators and self-advocates at each session	You will then receive an email with your link
May 3, 2021	Nutrition & Exercise during the Pandemic	Completed
June 7, 2021	Coping with Stress during the Pandemic	<a href="https://bit.ly/3w2v13l">https://bit.ly/3w2v13l</a>
July 12, 2021	Let's Learn to Manage Diabetes	<a href="https://bit.ly/3smCqQ8">https://bit.ly/3smCqQ8</a>
August 2, 2021	Keep Your Heart Healthy	<a href="https://bit.ly/3tRVrdg">https://bit.ly/3tRVrdg</a>
September 13, 2021	Let's Smile – Oral/Dental Health	<a href="https://bit.ly/31wL42N">https://bit.ly/31wL42N</a>
October 4, 2021	Accessing Your Health Care Plan – How to call your doctor or get medical care!	<a href="https://bit.ly/3w2u568">https://bit.ly/3w2u568</a>

Workshop will be offered in English with simultaneous Spanish translation and Closed Captioning will be available. If you have a question or need an accommodation, please contact Sonya Bingaman at least 5 days in advance of the training at [sonya.bingaman@scdd.ca.gov](mailto:sonya.bingaman@scdd.ca.gov) or 916-715-7057.

A collaboration between Anthem Blue Cross and the North State, North Coast, and Sacramento  
Regional Offices of the State Council on Developmental Disabilities.